



## Menu

# LILY - MANGER VIVRE AIMER (Villeray)

26 Rue Gounod, Montréal QC H2R 1A5, Canada | (514) 419-5459

## Most Ordered



### Latté

Creamy coffee blend with choice of milk: regular, oat, almond, or soy.

2 for CA\$5.75



### Matcha latté glacé

Iced matcha latte with choice of milk: regular, oat, almond, or soy.

2 for CA\$6.90



### Latté glacé

Iced coffee latte. Options: regular milk, oat milk, almond milk, or soy milk.

2 for CA\$6.90



### Le duo dynamique (PROMO) \*Lire description / The dynamic duo (PROMO) \*Read

Salade de thon maison, jalapeños, sauce Cholula, tomates et pesto végétal \*Cet item comprend seulement un sandwich, pour activer la promo 2 pour 20\$ vous devez le faire à travers nos partenaires de livraison. / Homemade tuna salad, jalapeños, Cholula sauce, tomatoes, and vegan pesto \*This item includes only one sandwich; to activate the promotion 2 for \$20, you must order through our delivery partners.

2 for (PROMO) \*Read



### Matcha latté

Smooth blend of matcha with your choice of milk: regular, oat, almond, or soy.

2 for CA\$6.90



### Bol d'énergie / Energy bowl

Açaí, fraises, bleuets, banane, beurre d'amande, miel et granola / Açai, strawberries, blueberries, banana, almond butter, honey and granola

CA\$17.95



### Le Yog & Co

Yogourt grec garni de compote aux bleuets, fraises, bleuets, miel et granola

CA\$10.25

## Menu LILY - MANGER VIVRE AIMER (Villeray)



### La saveur matinale

Avocat, huile d'olive, micro-pousses, oufs 6 min., granola salé

CA\$16.95



### La Bangkok

Kale, chou rouge, carottes, edamames, échalottes, coriandre, quinoa, arachides, avocat, vinaigrette sésame

CA\$18.95



### Le « slow » bol

Gruau, granola, bleuets, compote de bleuets

CA\$7.95

## Nouveautés LILYT



### La paire parfaite / The perfect pair

Deux tartines sur pain au levain, garnies de fromage cottage crémeux. La première est accompagnée de miel épicé Gino's et de flocons de piment rouge. La seconde ajoute du prosciutto pour une touche salée irrésistible. Un parfait équilibre entre sucré, salé et épicé. / Two slices of sourdough bread, topped with creamy cottage cheese. The first is served with Gino's spiced honey and chili flakes. The second adds prosciutto for an irresistible savory touch. A perfect balance of sweet, savory, and spicy.

CA\$18.50

### Lily colada / Lily colada

Shake tropical rafraîchissant à base d'ananas et de mangue, mélangé avec du lait et du sirop de noix de coco et un ajout de collagène marin pour une texture crémeuse. / A refreshing tropical shake made with pineapple and mango, blended with coconut milk and syrup and a supplement of marine collagen for a creamy texture.

CA\$14.95

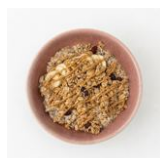
## Coups de ?? de LILYT



### Le « slow » bol

Gruau, granola, bleuets, compote de bleuets

CA\$7.95



### Le «fast» bol / The fast bowl

CA\$8.95



### Bol d'énergie / Energy bowl

Açaí, fraises, bleuets, banane, beurre d'amande, miel et granola / Açaí, strawberries, blueberries, banana, almond butter, honey and granola

CA\$17.95

# Menu LILY - MANGER VIVRE AIMER (Villeray)



## Le Yog & Co

Yogourt grec garni de compote aux bleuets, fraises, bleuets, miel et granola

CA\$10.25

## Tartines



### La toast énergie / La toast énergie

Yogourt grec, beurre d'amande, compote aux bleuets, graines de chia, granola et miel. / Greek yogurt, almond butter, blueberry compote, chia seeds, granola and honey.

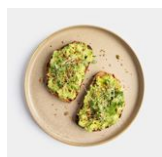
CA\$16.50



### La saveur matinale

Avocat, huile d'olive, micro-pousses, oufs 6 min., granola salé

CA\$16.95



### La verte tartiné / La verte tartiné

Avocat, huile d'olive, sel de mer, flocons de piment, granola salé, micro-pousses / Avocado, olive oil, sea salt, chili flakes, savory granola, microgreens

CA\$15.50

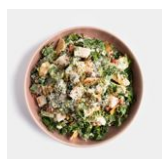
## Salades



### La Bangkok

Kale, chou rouge, carottes, edamames, échalottes, coriandre, quinoa, arachides, avocat, vinaigrette sésame

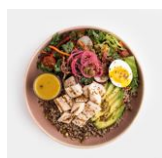
CA\$18.95



### La Césarine / La Césarine

Romaine, kale, croustilles de pita, bacon, granola salé, parmigiano reggiano, vinaigrette César \*L'image montre un extra poulet. / Romaine lettuce, kale, pita chips, bacon, savory granola, Parmigiano Reggiano, Caesar dressing \*Image shows extra chicken.

CA\$18.95



### La Lily vitalité / La Lily vitalité

Romaine, kale, avocat, tomates cerises, oignons rouges marinés, quinoa, granola salé, ouf cuit 6 minutes, vinaigrette « Everyday » \*Image montre un extra poulet / Romaine lettuce, kale, avocado, cherry tomatoes, pickled red onions, quinoa, savory granola, 6-minute cooked egg, "Everyday" dressing \*Image shows extra chicken

CA\$18.95



### La Fraîche / La Fraîche

Kale, épinards, concombre, oignons rouges marinés, edamames, canneberges séchées, granola salé, citron, salade de thon maison, vinaigrette verte / Kale, spinach, cucumber, pickled red onions, edamame, dried cranberries, savory granola, lemon, homemade tuna salad, green vinaigrette

CA\$18.95

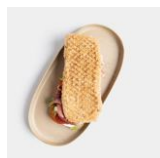
## Sandwichs



### L'avocat royal

Avocat, mozzarella frais, tomates, épinards, et pesto végétal

CA\$15.50



### Le rosé salé

Prosciutto, avocat, mozzarella frais, tomates et pesto végétal

CA\$16.50



### Le duo dynamique

Salade de thon maison, jalapeños, sauce Cholula, tomates et pesto végétal

CA\$15.50



### Le dindon branché

Dinde, mozzarella frais, tomates et pesto végétal

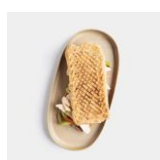
CA\$15.95



### Le duo dynamique (PROMO) \*Lire description / The dynamic duo (PROMO) \*Read description

Salade de thon maison, jalapeños, sauce Cholula, tomates et pesto végétal \*Cet item comprend seulement un sandwich, pour activer la promo 2 pour 20\$ vous devez le faire à travers nos partenaires de livraison. / Homemade tuna salad, jalapeños, Cholula sauce, tomatoes, and vegan pesto \*This item includes only one sandwich; to activate the promotion 2 for \$20, you must order through our delivery partners.

2 for (PROMO) \*Read description



### Le Lily classique

Poulet, avocat, tomates et pesto végétal

CA\$15.95

## Shakes protéinés



### Électro choc

Banane, bleuets, mangue, beurre d'amande, graines de chia, protéine Nufyx à la vanille et lait d'amande

CA\$14.95












### Le Guerrier

Banane, beurre d'amande, cannelle, sel de mer, protéine Nufyx à la vanille, et lait d'amande

CA\$14.95

## Menu LILY - MANGER VIVRE AIMER (Villeray)

	<b>Créez votre propre shake / Create your own shake</b>	<b>CA\$10.99</b>
	<b>Puissance matcha</b> Matcha, banane, dattes, épinards, protéine Nufyx à la vanille et lait d'avoine	<b>CA\$14.95</b>
	<b>Rouge protéiné</b> Fraises, poudre de betterave, banane, dattes, collagène, protéine Nufyx à la vanille et lait d'amande	<b>CA\$14.95</b>
	<b>Vitalmix</b> Banane, fraises, bleuets, protéine Nufyx à la vanille, épinards et lait d'avoine	<b>CA\$14.95</b>
	<b>La Bombe « PB &amp; J »</b> Banane, fraises, beurre d'arachide, cours de chanvre, protéine Nufyx à la vanille et lait d'amande	<b>CA\$14.95</b>
	<b>Spiruline bleue</b> Beurre d'amande, spiruline bleue, cannelle, banane, dattes, collagène, protéine Nufyx à la vanille et lait d'amande	<b>CA\$14.95</b>
	<b>Cacao sauvage</b> Grué de cacao, banane, dattes, collagène, protéine Nufyx au chocolat et lait d'amande	<b>CA\$14.95</b>
	<b>Dattes dynamiques</b> Espresso, banane, dattes, beurre d'amande, grué de cacao, cour de chanvre, protéine Nufyx à la vanille et lait d'amande	<b>CA\$14.95</b>
	<b>Énergie pure</b> Banane, beurre d'amande, dattes, poudre de maca, collagene, protéine Nufyx à la vanille et lait d'amande	<b>CA\$14.95</b>

## Jus signatures LILYT



### Liquide chic / Liquid Chic

Pommes, carottes, curcuma, gingembre, citron / Apples, carrots, turmeric, ginger, lemon

CA\$15.50



### Le mood doux / The Soft Mood

Pommes, fraises, gingembre / Apples, strawberries, ginger

CA\$14.00



### L'énergie verte / Green energy

Pommes, kale, ananas, concombre, menthe fraîche / Apples, kale, pineapple, cucumber, fresh mint

CA\$14.00



### Pressé cool / Cool Pressed

Pommes, fraises, ananas / Apples, strawberries, pineapples

CA\$15.00



### Le détox / The detox

Pommes, carottes, ananas, citron, gingembre, cayenne / Apples, carrots, pineapple, lemon, ginger, cayenne

CA\$15.00



### Le coup de boost / The Boost Kick

Pommes, fraises, banane / Apples, strawberries, banana

CA\$14.00

### Rouge tonique / Red Tonic

Pommes, citron, betteraves, céleri, gingembre / Apples, lemon, beets, celery, ginger

CA\$15.00



### Aqua boost / Aqua boost

Pommes, eau de noix de coco, citron, épinards, gingembre / Apples, coconut water, lemon, spinach, ginger

CA\$15.00

# Menu LILY - MANGER VIVRE AIMER (Villeray)

## Le cour vert / The Green Heart

CA\$14.00

Pommes, kale, épinards, gingembre, concombre / Apples, kale, spinach, ginger, cucumber

## Boissons chaudes



### Latté

Creamy coffee blend with choice of milk: regular, oat, almond, or soy.

2 for CA\$5.75



### Chai latté

Chai Tea Spiced tea blend with choice of milk: regular, oat, almond, or soy.

2 for CA\$7.00



### Matcha latté

Smooth blend of matcha with your choice of milk: regular, oat, almond, or soy.

2 for CA\$6.90



### Chai miel et vanille / Honey and vanilla chai

CA\$7.50



### Cappuccino

Creamy espresso with your choice of milk: regular, oat, almond, or soy.

2 for CA\$5.00



### Matcha yuzu et coco / Matcha yuzu and coconut

CA\$8.00










### Latté à l'érable salé / Salted maple latte

Espresso blended with steamed milk, topped with a salted maple syrup drizzle.

CA\$7.50

## Menu LILY - MANGER VIVRE AIMER (Villeray)

	<b>Matcha à la rose / Rose matcha</b>	<b>CA\$7.00</b>
	<b>Cortado</b> Rich espresso balanced with a splash of steamed milk. Choose from regular milk, oat milk, almond milk, or soy milk.	<b>2 for CA\$5.00</b>
	<b>Flat white / Flat white</b>	<b>CA\$5.00</b>
	<b>Latté lavande / Lavender latte</b> Lavender-infused latte blend. Choose your preferred milk: regular, plant-based, or lactose-free options available.	<b>CA\$7.00</b>
	<b>Mocha / Moka</b> Rich blend of coffee and chocolate. Choice of milk includes regular, oat, almond, soy, macadamia, lactose-free, or coconut.	<b>CA\$7.00</b>
	<b>Chocolat chaud / Hot chocolate</b> Rich, comforting hot chocolate with your choice of milk, including oat, almond, soy, macadamia, lactose-free, or coconut.	<b>CA\$5.00</b>
	<b>Matcha yuzu et miel / Matcha yuzu and honey</b> Blended matcha with yuzu and honey. Choose from a variety of milk options including regular, oat, almond, soy, macadamia, lactose-free, or coconut.	<b>CA\$8.00</b>
	<b>Macchiato / Macchiato</b>	<b>CA\$4.00</b>
	<b>Latté miel et cannelle / Honey and cinnamon latte</b>	<b>CA\$7.00</b>

## Menu LILY - MANGER VIVRE AIMER (Villeray)



### London fog / London fog

CA\$5.50

Thé Earl Grey avec sirop vanille et lait au choix / Earl Grey tea with vanilla syrup and milk of your choice



### Américano

2 for CA\$4.00

A rich, robust coffee made by diluting a shot of espresso with hot water.



### Espresso / Espresso

CA\$3.45

Double or single espresso shot served hot.

## Boissons froides



### Matcha latté glacé

2 for CA\$6.90

Iced matcha latte with choice of milk: regular, oat, almond, or soy.



### Matcha latté glacé lavande

2 for CA\$7.00

Lavender-infused iced matcha latte with choice of regular, oat, almond, or soy milk.



### Chai latté glacé

2 for CA\$5.20

Chai latté glacé with choice of milk: regular, oat, almond, or soy.



### Latté glacé

2 for CA\$6.90

Iced coffee latte. Options: regular milk, oat milk, almond milk, or soy milk.



### Latté glacé lavande

2 for CA\$9.20

Lavender-infused iced coffee latte. Choice of milk: regular, oat, almond, or soy.

## Pâtisseries et viennoiseries



### Biscuit choco-pacanes / Chocolate pecan cookie

CA\$4.00

A rich cookie featuring chunks of chocolate and pecans, offering a delightful blend of textures and flavors.



### Biscuit énergie / Energy cookie

CA\$3.50

A wholesome cookie packed with seeds, nuts, and dried cranberries, offering a nutritious energy boost.



### Muffin carottes et pacanes

CA\$4.00

Muffin carottes et pacanes fait par boulangerie Arhoma.



### Chocolatine / Chocolatine

CA\$4.60

Chocolatine, faite avec du chocolat Valrhona par la boulangerie Arhoma. / Chocolatine, made with Valrhona chocolate by the Arhoma bakery.



### Muffin chocolat & betteraves / Chocolate & Beet Muffin

CA\$4.00

Muffin chocolat & betteraves végétaliens, fait par boulangerie Arhoma. / Vegan chocolate & beetroot muffin, made by Arhoma bakery.

## Sur le pouce



### FLOW - Hibiscus et mûres / FLOW - Hibiscus and blackberries

CA\$3.00

Organic alkaline spring water infused with hibiscus and blackberry flavors.

### Alani / Alani

CA\$3.15

### GOBEANZ! / GOBEANZ!

CA\$2.99

Edamames grillés / Grilled edamame

## Menu LILY - MANGER VIVRE AIMER (Villeray)



### POPCORNERS - Maïs à la marmite / POPCORNERS - Pot-Fed Corn **CA\$2.50**

Sweet and salty popped corn chips with a crunchy texture, made from simple ingredients.

### Blue monkey / Blue monkey

**CA\$3.50**

Eau de coconut pétillante 330 ml / Sparkling coconut water 330 ml



### SANA - Barre au chocolat noir / SANA - Dark Chocolate Bar **CA\$6.80**

Rich dark chocolate bar with no added sugar, featuring a classic taste and 9g of protein per serving.



### RXBAR - Chocolat et sel de mer / RXBAR - Chocolate and Sea Salt **CA\$3.35**

Protein bar with egg whites, almonds, cashews, dates, and chocolate sea salt.



### CITY SNACKS - FRAISE BANANE / CITY SNACKS - STRAWBERRY BANANA **CA\$2.80**



### POPCORNERS - Cheddar blanc / POPCORNERS - White Cheddar **CA\$2.50**

Air-popped corn chips with white cheddar seasoning, offering a crunchy texture.

### JOUVENCE - Boisson de collagène marin / JOUVENCE - Marine Collagen Drink **CA\$4.20**

Marine collagen-infused drink in various flavor options, including clementine with white tea, dragon fruit, peach lemonade, and grapefruit.



### Hopie's - Original / Hopie's - Original **CA\$11.85**

Crispy, bite-sized snacks with a savory taste, perfect for a quick treat.

### La Croix / La Croix

**CA\$4.00**

Variety of fruity flavors including strawberry-peach, black raspberry, guava, key lime, and more. A refreshing selection to choose from.

## Menu LILY - MANGER VIVRE AIMER (Villeray)

### RISE Kombucha / RISE Kombucha

CA\$5.99

414 ml / 414 ml

### RISE Botanicals / RISE Botanicals

CA\$5.99

Breuvage botanique pétillant / Sparkling botanical beverage

### Better soda / Better soda

CA\$3.50

355 ml / 355 ml

### Goodvibes juice / Goodvibes juice

CA\$4.70

50 ml / 50 ml

### Bio steel / Bio steel

CA\$4.25

500 ml / 500 ml



### Thirsty buddha - eau de coco / Thirsty Buddha - Coconut Water

CA\$3.99

490 ml Eau de coco / 490 ml Coconut water



### SANA - Barre au chocolat au lait / SANA - Milk chocolate bar

CA\$6.80

Milk chocolate bar with reduced sugar content, featuring classic milk chocolate flavor. Contains 2g of sugar and 15g of fiber per serving.



### RXBAR - Chocolat beurre d'arachide / RXBAR - Peanut Butter Chocolate

CA\$3.35

Protein bar with egg whites, peanuts, dates, and chocolate. Contains 12g protein, 3 egg whites, 14 peanuts, and 2 dates.



### PROBAR - Chocolat noix de coco / PROBAR - Coconut Chocolate

CA\$5.25

A bar featuring coconut and chocolate, enriched with superfoods and almonds, offering 8g of protein per serving.

## Menu LILY - MANGER VIVRE AIMER (Villeray)



### PROTÉINE NUFYX 20 SCOOPS - Vanille / NUFYX PROTEIN 20 SCOOPS - Vanilla

CA\$4.99

Vanilla protein shake made with 20 scoops of Nufyx organic plant protein powder, featuring American-grown peas and digestive support.



### PROTÉINE NUFYX 20 SCOOPS - Chocolat / NUFYX PROTEIN 20 SCOOPS - Choco

CA\$4.99

Rich chocolate protein shake made with 20 scoops of organic plant protein from American-grown peas, supporting digestion.



### Riceworks - Ranch et avocat / Riceworks - Avocado ranch

CA\$4.99



### ÉRABLE TONIK - Eau d'érable pétillante / ÉRABLE TONIK - Sparkling Maple Water

CA\$4.99

Infused with natural maple essence, this sparkling water provides a refreshing taste, enriched with antioxidants, electrolytes, and minerals.

### MATÉINA / MATÉINA

CA\$4.50

Yerba maté - zéro sucre / Yerba maté - zero sugar



### Flow 1L / Flow 1L

CA\$4.00

Eau Flow 1L / Flow water 1L



### FLOW - 500 ML / FLOW - 500 ML

CA\$4.00

EAU FLOW 500 ML / Flow water 500 ML